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**DR. WM. MORRIS EVANS,**  
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 Diseases of all domesticated animals  
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141 JASPER AVENUE,  
(Next Hudson Bay Stores)  
EDMONTON

**KNIGHTS OF PYTHIAS.**  
Edmonton Lodge, No. 22, Knights of Pythias, meet every Friday evening at 8.30 in Castle Hall, Pythian block, McDougall avenue.  
Serving knights invited to attend

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**ELK LODGE.**  
Edmonton Lodge, No. 33, C.B.P.O. Elks, meets every second and fourth Friday in the new club building, Jasper avenue. Visiting Elks welcome. J. B. Sommersville, Exalted Ruler; W. G. Har-

**C. O. C. F.**  
Edmonton Council, No. 481, meets in  
Pythian hall, McDougall street, first and  
third Thursdays at 8 p.m. Visitors al-  
ways welcome.  
**R. J. ROBINSON, Recorder.**

**CITY OF EDMONTON.**  
**VOTERS' LIST, 1907.**

**PUBLIC NOTICE** is hereby given that  
the Voters' List of the City of Edmon-  
ton for the current year has been com-  
piled and printed and copies thereof are

City Hall, Post Office, Milner's Office, Jasper Avenue extension, Harry Jones, 249 Jasper Avenue, Kingston, avenue, U. Armstrong's Drug store, Namaya office, Howard and Leonard's office, Norwood Boulevard, Hugh McDonald's store, corner of 12th street and Jasper Avenue. Charles Hall's store, corner of 7th street and Jasper Avenue. I. Lambert's store, 249 Jasper Avenue, west. E. J. Jones, 249 Jasper Avenue, east. C. and C. Brothers and Co., store, 450 First street.

The Voters' list is divided into two parts—First street being the dividing line. A guide to Voters is printed on the second folio. All appeals against the

takers list must be served on or before  
 the first day of November next.  
 D. M. McMIHAN,  
 City Assessor.  
 Edmonton, Oct. 8th, 1907.

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**TENDERS.**  
 Tenders addressed to the Medical  
 Health Department, Edmonton.  
 Tenders will be received to the Medical  
 Health Department, 210 Rice Street, Edmonton  
 until he received to 12 o'clock noon of Sat-  
 urday, Oct. 19th, for the excavation at  
 the City's Nuisance Ground of a trench  
 360 ft. long by 13 ft. wide by 9 ft. deep.  
 The lowest and any tender not necessarily  
 accepted.  
 By order of the Commissioners

WILLIAM A. C. TERNAN,  
Medical Health Officer.

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**COMMON SENSE  
EXTERMINATOR**

KILLS RED BUGS, ROACHES,  
MOTHS, BATS AND MICE.

All dealers or write for testimonials.  
Common Sense Manufacturing Co.,  
381 Queen St. W., Toronto.





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## SPORTS NEWS

## HOW BURN WON OUT

The Vancouver News-Advertiser gives the following account of the fifth mile race between Burn and Chandler, on Saturday last:

After running almost even for 14 miles, Arthur J. Burn, of Calgary, champion of western Canada, sprang up the home stretch, winning from W. E. Chandler, of the Vancouver Athletic club, Pacific coast champion, by 75 yards at the Post yesterday afternoon. The official time for the fifteen miles was 1:28:15.

The runners might well feel proud of the mark made, their time improving very favorably with the A. V. time for the fifteen miles, which is 1:28:15. They also smashed the record of 1:28:25, which has stood for fifty-five years, was made by J. Howitt, at Jelling, Eng. This time was 1:27.

The weather conditions were not of the best, the cool raw westerly wind being against the runners. But for this new record would undoubtedly have been even faster than that which was made.

It was apparent, however, when that mark was reached, and Burn was still trailing a foot behind that the local man could not come under the tape ahead. At the twenty miles he made definite efforts to distance Burn, fully realizing that the Calgary man always has a spring left in him for the last few hundred yards. He could not keep up the pace, but he finally overcame the lead, and from then on he was in the lead.

At the commencement of the final lap at Chandler's elbow, Burn, who had not pulled the whole way, pulled ahead of the coast champion in the 7th lap, and gradually increased his lead. On the start of the last lap he was twenty yards in the lead when he crossed the line, and increased this to forty yards before the goal stretch was covered. He sprang up at the end of the stretch, and he was in the lead by a foot when he crossed the line.

Burn surprised the 2,000 spectators gathered to witness the race when he opened up in the last lap and sprang up. Never before in the history of athletics in British Columbia has such wonderful running been witnessed. Chandler, however, was not to be outdone at all distressed, at after, awaiting Burn's arrival, closed hands, and he was in the lead when he crossed the line.

Chandler, although defeated, deserves great credit for his showing. He was in the lead for his share, and kept up a lively pace from start to finish. With the exception of the first, fourth and sixth miles, he was in the lead all the way. Burn, however, was not to be outdone at all distressed, at after, awaiting Burn's arrival, closed hands, and he was in the lead when he crossed the line.

The time from the first mile up to the finish and the positions of the men in the finish of each mile, were as follows:

1. Burn, .....	5.84
2. Chandler, .....	10:47.5
3. Burn, .....	11:32
4. Chandler, .....	12:17
5. Burn, .....	13:02
6. Chandler, .....	13:47
7. Burn, .....	14:32
8. Chandler, .....	15:17
9. Burn, .....	16:02
10. Chandler, .....	16:47
11. Burn, .....	17:32
12. Chandler, .....	18:17
13. Burn, .....	19:02
14. Chandler, .....	19:47
15. Burn, .....	20:32
16. Chandler, .....	21:17

YELLING STREAK IN N. Y. C.

That yellow streak, the existence of which was suspected in the majority of the New York Yacht Club's Cup Committee, can now be seen without hesitation.

The you do as we say or you can't run attitude of the club which holds the blue ribbon of the sea has disgusted every man with red pictures in his blood. The stand taken by the cup committee, led by Lord Nelson Vanderbilt, is not supported by a majority of the club members, and the criticism voiced over the shabby treatment afforded the cup Irish harriet has been general all over the country.

The fact to Commodore Vanderbilt chairman of the committee, that if Lip-ton desires a race he can get one by building a 60 footer without restriction, and a defender built under restriction, the two to race beat for best without time allowance, is to satisfy all calls for nothing but ridicule.

It is an insult not only to the club, but to the fair play and the honor of the American public. The property of the New York Yacht Club, which is the property of the American people, and if the N.Y.Y.C. does not want to give Lip-ton a fighting chance, it is in the hands of the American people to decide whether or not they will let the club members who are organized and foster, then it is only fair that some other organization have a chance to defend it.

Mr. J. is out for the N. Y. C. Y. C. returns to meet Lip-ton upon honorable terms. It is a challenge, led by Louis Cass, and a defender built under restriction, the two to race beat for best without time allowance, is to satisfy all calls for nothing but ridicule.

The real sailors will race on any old terms and have said so. The narrow minded, sport-sporting attitude of the boat builders is deemed to be generally that of the club members who are organized and foster, then it is only fair that some other organization have a chance to defend it.

Captain Nat Herzog is ready to

## CANADIANS SHOULD EXCEL

Alfred Shrubb, the English long distance runner says: "There is no reason why Canadians should not excel in the Canadian distance runners to English. The climate is perhaps a little more favorable for the production of long-distance men than the climate of certain parts of Canada. But Canada is a large country. Distance men need to train in the open air. Your men make a mistake by training during the warm weather. In summer they should confine their time to racing."

"A distance man, and by that I mean a man who runs two miles or more, should never first to acquire endurance. He can succeed by walking and by cross-country running. Then after he has got his shape, he should drive to maintain a certain pace. If he is going to run five miles, he should learn to run his first mile in 1:35 and his second mile in 1:40. If he is going to run ten miles, he should learn to run his first five miles in 7:30 and his second five miles in 7:40. If he is going to run twenty miles, he should learn to run his first ten miles in 14:30 and his second ten miles in 14:40. If he is going to run thirty miles, he should learn to run his first fifteen miles in 21:30 and his second fifteen miles in 21:40. If he is going to run forty miles, he should learn to run his first twenty miles in 28:30 and his second twenty miles in 28:40. If he is going to run fifty miles, he should learn to run his first twenty-five miles in 35:30 and his second twenty-five miles in 35:40. If he is going to run sixty miles, he should learn to run his first thirty miles in 42:30 and his second thirty miles in 42:40. If he is going to run seventy miles, he should learn to run his first thirty-five miles in 49:30 and his second thirty-five miles in 49:40. If he is going to run eighty miles, he should learn to run his first forty miles in 56:30 and his second forty miles in 56:40. If he is going to run ninety miles, he should learn to run his first forty-five miles in 63:30 and his second forty-five miles in 63:40. If he is going to run one hundred miles, he should learn to run his first fifty miles in 70:30 and his second fifty miles in 70:40. If he is going to run one hundred and ten miles, he should learn to run his first fifty-five miles in 77:30 and his second fifty-five miles in 77:40. If he is going to run one hundred and twenty miles, he should learn to run his first sixty miles in 84:30 and his second sixty miles in 84:40. If he is going to run one hundred and thirty miles, he should learn to run his first sixty-five miles in 91:30 and his second sixty-five miles in 91:40. If he is going to run one hundred and forty miles, he should learn to run his first seventy miles in 98:30 and his second seventy miles in 98:40. If he is going to run one hundred and fifty miles, he should learn to run his first seventy-five miles in 105:30 and his second seventy-five miles in 105:40. If he is going to run one hundred and sixty miles, he should learn to run his first eighty miles in 112:30 and his second eighty miles in 112:40. If he is going to run one hundred and seventy miles, he should learn to run his first eighty-five miles in 119:30 and his second eighty-five miles in 119:40. If he is going to run one hundred and eighty miles, he should learn to run his first ninety miles in 126:30 and his second ninety miles in 126:40. If he is going to run one hundred and ninety miles, he should learn to run his first ninety-five miles in 133:30 and his second ninety-five miles in 133:40. If he is going to run two hundred miles, he should learn to run his first one hundred miles in 140:30 and his second one hundred miles in 140:40. If he is going to run two hundred and ten miles, he should learn to run his first one hundred and five miles in 147:30 and his second one hundred and five miles in 147:40. If he is going to run two hundred and twenty miles, he should learn to run his first one hundred and ten miles in 154:30 and his second one hundred and ten miles in 154:40. If he is going to run two hundred and thirty miles, he should learn to run his first one hundred and fifteen miles in 161:30 and his second one hundred and fifteen miles in 161:40. If he is going to run two hundred and forty miles, he should learn to run his first one hundred and twenty miles in 168:30 and his second one hundred and twenty miles in 168:40. If he is going to run two hundred and fifty miles, he should learn to run his first one hundred and twenty-five miles in 175:30 and his second one hundred and twenty-five miles in 175:40. If he is going to run two hundred and sixty miles, he should learn to run his first one hundred and thirty miles in 182:30 and his second one hundred and thirty miles in 182:40. If he is going to run two hundred and seventy miles, he should learn to run his first one hundred and thirty-five miles in 189:30 and his second one hundred and thirty-five miles in 189:40. If he is going to run two hundred and eighty miles, he should learn to run his first one hundred and forty miles in 196:30 and his second one hundred and forty miles in 196:40. If he is going to run two hundred and ninety miles, he should learn to run his first one hundred and forty-five miles in 203:30 and his second one hundred and forty-five miles in 203:40. If he is going to run three hundred miles, he should learn to run his first one hundred and fifty miles in 210:30 and his second one hundred and fifty miles in 210:40. If he is going to run three hundred and ten miles, he should learn to run his first one hundred and fifty-five miles in 217:30 and his second one hundred and fifty-five miles in 217:40. If he is going to run three hundred and twenty miles, he should learn to run his first one hundred and sixty miles in 224:30 and his second one hundred and sixty miles in 224:40. If he is going to run three hundred and thirty miles, he should learn to run his first one hundred and sixty-five miles in 231:30 and his second one hundred and sixty-five miles in 231:40. If he is going to run three hundred and forty miles, he should learn to run his first one hundred and seventy miles in 238:30 and his second one hundred and seventy miles in 238:40. If he is going to run three hundred and fifty miles, he should learn to run his first one hundred and seventy-five miles in 245:30 and his second one hundred and seventy-five miles in 245:40. If he is going to run three hundred and sixty miles, he should learn to run his first one hundred and eighty miles in 252:30 and his second one hundred and eighty miles in 252:40. If he is going to run three hundred and seventy miles, he should learn to run his first one hundred and eighty-five miles in 259:30 and his second one hundred and eighty-five miles in 259:40. If he is going to run three hundred and eighty miles, he should learn to run his first one hundred and ninety miles in 266:30 and his second one hundred and ninety miles in 266:40. If he is going to run three hundred and ninety miles, he should learn to run his first one hundred and ninety-five miles in 273:30 and his second one hundred and ninety-five miles in 273:40. If he is going to run four hundred miles, he should learn to run his first two hundred miles in 280:30 and his second two hundred miles in 280:40. If he is going to run four hundred and ten miles, he should learn to run his first two hundred and five miles in 287:30 and his second two hundred and five miles in 287:40. If he is going to run four hundred and twenty miles, he should learn to run his first two hundred and ten miles in 294:30 and his second two hundred and ten miles in 294:40. If he is going to run four hundred and thirty miles, he should learn to run his first two hundred and fifteen miles in 301:30 and his second two hundred and fifteen miles in 301:40. If he is going to run four hundred and forty miles, he should learn to run his first two hundred and twenty miles in 308:30 and his second two hundred and twenty miles in 308:40. If he is going to run four hundred and fifty miles, he should learn to run his first two hundred and twenty-five miles in 315:30 and his second two hundred and twenty-five miles in 315:40. If he is going to run four hundred and sixty miles, he should learn to run his first two hundred and thirty miles in 322:30 and his second two hundred and thirty miles in 322:40. If he is going to run four hundred and seventy miles, he should learn to run his first two hundred and thirty-five miles in 329:30 and his second two hundred and thirty-five miles in 329:40. If he is going to run four hundred and eighty miles, he should learn to run his first two hundred and forty miles in 336:30 and his second two hundred and forty miles in 336:40. If he is going to run four hundred and ninety miles, he should learn to run his first two hundred and forty-five miles in 343:30 and his second two hundred and forty-five miles in 343:40. If he is going to run five hundred miles, he should learn to run his first two hundred and fifty miles in 350:30 and his second two hundred and fifty miles in 350:40. If he is going to run five hundred and ten miles, he should learn to run his first two hundred and fifty-five miles in 357:30 and his second two hundred and fifty-five miles in 357:40. If he is going to run five hundred and twenty miles, he should learn to run his first two hundred and sixty miles in 364:30 and his second two hundred and sixty miles in 364:40. If he is going to run five hundred and thirty miles, he should learn to run his first two hundred and sixty-five miles in 371:30 and his second two hundred and sixty-five miles in 371:40. If he is going to run five hundred and forty miles, he should learn to run his first two hundred and seventy miles in 378:30 and his second two hundred and seventy miles in 378:40. If he is going to run five hundred and fifty miles, he should learn to run his first two hundred and seventy-five miles in 385:30 and his second two hundred and seventy-five miles in 385:40. If he is going to run five hundred and sixty miles, he should learn to run his first two hundred and eighty miles in 392:30 and his second two hundred and eighty miles in 392:40. If he is going to run five hundred and seventy miles, he should learn to run his first two hundred and eighty-five miles in 399:30 and his second two hundred and eighty-five miles in 399:40. If he is going to run five hundred and eighty miles, he should learn to run his first two hundred and ninety miles in 406:30 and his second two hundred and ninety miles in 406:40. If he is going to run five hundred and ninety miles, he should learn to run his first two hundred and ninety-five miles in 413:30 and his second two hundred and ninety-five miles in 413:40. If he is going to run six hundred miles, he should learn to run his first three hundred miles in 420:30 and his second three hundred miles in 420:40. If he is going to run six hundred and ten miles, he should learn to run his first three hundred and five miles in 427:30 and his second three hundred and five miles in 427:40. If he is going to run six hundred and twenty miles, he should learn to run his first three hundred and ten miles in 434:30 and his second three hundred and ten miles in 434:40. If he is going to run six hundred and thirty miles, he should learn to run his first three hundred and fifteen miles in 441:30 and his second three hundred and fifteen miles in 441:40. If he is going to run six hundred and forty miles, he should learn to run his first three hundred and twenty miles in 448:30 and his second three hundred and twenty miles in 448:40. If he is going to run six hundred and fifty miles, he should learn to run his first three hundred and twenty-five miles in 455:30 and his second three hundred and twenty-five miles in 455:40. If he is going to run six hundred and sixty miles, he should learn to run his first three hundred and thirty miles in 462:30 and his second three hundred and thirty miles in 462:40. If he is going to run six hundred and seventy miles, he should learn to run his first three hundred and thirty-five miles in 469:30 and his second three hundred and thirty-five miles in 469:40. If he is going to run six hundred and eighty miles, he should learn to run his first three hundred and forty miles in 476:30 and his second three hundred and forty miles in 476:40. If he is going to run six hundred and ninety miles, he should learn to run his first three hundred and forty-five miles in 483:30 and his second three hundred and forty-five miles in 483:40. If he is going to run seven hundred miles, he should learn to run his first three hundred and fifty miles in 490:30 and his second three hundred and fifty miles in 490:40. If he is going to run seven hundred and ten miles, he should learn to run his first three hundred and fifty-five miles in 497:30 and his second three hundred and fifty-five miles in 497:40. If he is going to run seven hundred and twenty miles, he should learn to run his first three hundred and sixty miles in 504:30 and his second three hundred and sixty miles in 504:40. If he is going to run seven hundred and thirty miles, he should learn to run his first three hundred and sixty-five miles in 511:30 and his second three hundred and sixty-five miles in 511:40. If he is going to run seven hundred and forty miles, he should learn to run his first three hundred and seventy miles in 518:30 and his second three hundred and seventy miles in 518:40. If he is going to run seven hundred and fifty miles, he should learn to run his first three hundred and seventy-five miles in 525:30 and his second three hundred and seventy-five miles in 525:40. If he is going to run seven hundred and sixty miles, he should learn to run his first three hundred and eighty miles in 532:30 and his second three hundred and eighty miles in 532:40. If he is going to run seven hundred and seventy miles, he should learn to run his first three hundred and eighty-five miles in 539:30 and his second three hundred and eighty-five miles in 539:40. If he is going to run seven hundred and eighty miles, he should learn to run his first three hundred and ninety miles in 546:30 and his second three hundred and ninety miles in 546:40. If he is going to run seven hundred and ninety miles, he should learn to run his first three hundred and ninety-five miles in 553:30 and his second three hundred and ninety-five miles in 553:40. If he is going to run eight hundred miles, he should learn to run his first four hundred miles in 560:30 and his second four hundred miles in 560:40. If he is going to run eight hundred and ten miles, he should learn to run his first four hundred and five miles in 567:30 and his second four hundred and five miles in 567:40. If he is going to run eight hundred and twenty miles, he should learn to run his first four hundred and ten miles in 574:30 and his second four hundred and ten miles in 574:40. If he is going to run eight hundred and thirty miles, he should learn to run his first four hundred and fifteen miles in 581:30 and his second four hundred and fifteen miles in 581:40. If he is going to run eight hundred and forty miles, he should learn to run his first four hundred and twenty miles in 588:30 and his second four hundred and twenty miles in 588:40. If he is going to run eight hundred and fifty miles, he should learn to run his first four hundred and twenty-five miles in 595:30 and his second four hundred and twenty-five miles in 595:40. If he is going to run eight hundred and sixty miles, he should learn to run his first four hundred and thirty miles in 602:30 and his second four hundred and thirty miles in 602:40. If he is going to run eight hundred and seventy miles, he should learn to run his first four hundred and thirty-five miles in 609:30 and his second four hundred and thirty-five miles in 609:40. If he is going to run eight hundred and eighty miles, he should learn to run his first four hundred and forty miles in 616:30 and his second four hundred and forty miles in 616:40. If he is going to run eight hundred and ninety miles, he should learn to run his first four hundred and forty-five miles in 623:30 and his second four hundred and forty-five miles in 623:40. If he is going to run nine hundred miles, he should learn to run his first four hundred and fifty miles in 630:30 and his second four hundred and fifty miles in 630:40. If he is going to run nine hundred and ten miles, he should learn to run his first four hundred and fifty-five miles in 637:30 and his second four hundred and fifty-five miles in 637:40. If he is going to run nine hundred and twenty miles, he should learn to run his first four hundred and sixty miles in 644:30 and his second four hundred and sixty miles in 644:40. If he is going to run nine hundred and thirty miles, he should learn to run his first four hundred and sixty-five miles in 651:30 and his second four hundred and sixty-five miles in 651:40. If he is going to run nine hundred and forty miles, he should learn to run his first four hundred and seventy miles in 658:30 and his second four hundred and seventy miles in 658:40. If he is going to run nine hundred and fifty miles, he should learn to run his first four hundred and seventy-five miles in 665:30 and his second four hundred and seventy-five miles in 665:40. If he is going to run nine hundred and sixty miles, he should learn to run his first four hundred and eighty miles in 672:30 and his second four hundred and eighty miles in 672:40. If he is going to run nine hundred and seventy miles, he should learn to run his first four hundred and eighty-five miles in 679:30 and his second four hundred and eighty-five miles in 679:40. If he is going to run nine hundred and eighty miles, he should learn to run his first four hundred and ninety miles in 686:30 and his second four hundred and ninety miles in 686:40. If he is going to run nine hundred and ninety miles, he should learn to run his first four hundred and ninety-five miles in 693:30 and his second four hundred and ninety-five miles in 693:40. If he is going to run one thousand miles, he should learn to run his first five hundred miles in 700:30 and his second five hundred miles in 700:40. If he is going to run one thousand and ten miles, he should learn to run his first five hundred and five miles in 707:30 and his second five hundred and five miles in 707:40. If he is going to run one thousand and twenty miles, he should learn to run his first five hundred and ten miles in 714:30 and his second five hundred and ten miles in 714:40. If he is going to run one thousand and thirty miles, he should learn to run his first five hundred and fifteen miles in 721:30 and his second five hundred and fifteen miles in 721:40. If he is going to run one thousand and forty miles, he should learn to run his first five hundred and twenty miles in 728:30 and his second five hundred and twenty miles in 728:40. If he is going to run one thousand and fifty miles, he should learn to run his first five hundred and twenty-five miles in 735:30 and his second five hundred and twenty-five miles in 735:40. If he is going to run one thousand and sixty miles, he should learn to run his first five hundred and thirty miles in 742:30 and his second five hundred and thirty miles in 742:40. If he is going to run one thousand and seventy miles, he should learn to run his first five hundred and thirty-five miles in 749:30 and his second five hundred and thirty-five miles in 749:40. If he is going to run one thousand and eighty miles, he should learn to run his first five hundred and forty miles in 756:30 and his second five hundred and forty miles in 756:40. If he is going to run one thousand and ninety miles, he should learn to run his first five hundred and forty-five miles in 763:30 and his second five hundred and forty-five miles in 763:40. If he is going to run one thousand and one hundred miles, he should learn to run his first five hundred and fifty miles in 770:30 and his second five hundred and fifty miles in 770:40. If he is going to run one thousand and one hundred and ten miles, he should learn to run his first five hundred and fifty-five miles in 777:30 and his second five hundred and fifty-five miles in 777:40. If he is going to run one thousand and one hundred and twenty miles, he should learn to run his first five hundred and sixty miles in 784:30 and his second five hundred and sixty miles in 784:40. If he is going to run one thousand and one hundred and thirty miles, he should learn to run his first five hundred and sixty-five miles in 791:30 and his second five hundred and sixty-five miles in 791:40. If he is going to run one thousand and one hundred and forty miles, he should learn to run his first five hundred and seventy miles in 798:30 and his second five hundred and seventy miles in 798:40. If he is going to run one thousand and one hundred and fifty miles, he should learn to run his first five hundred and seventy-five miles in 805:30 and his second five hundred and seventy-five miles in 805:40. If he is going to run one thousand and one hundred and sixty miles, he should learn to run his first five hundred and eighty miles in 812:30 and his second five hundred and eighty miles in 812:40. If he is going to run one thousand and one hundred and seventy miles, he should learn to run his first five hundred and eighty-five miles in 819:30 and his second five hundred and eighty-five miles in 819:40. If he is going to run one thousand and one hundred and eighty miles, he should learn to run his first five hundred and ninety miles in 826:30 and his second five hundred and ninety miles in 826:40. If he is going to run one thousand and one hundred and ninety miles, he should learn to run his first five hundred and ninety-five miles in 833:30 and his second five hundred and ninety-five miles in 833:40. If he is going to run one thousand and two hundred miles, he should learn to run his first six hundred miles in 840:30 and his second six hundred miles in 840:40. If he is going to run one thousand and two hundred and ten miles, he should learn to run his first six hundred and five miles in 847:30 and his second six hundred and five miles in 847:40. If he is going to run one thousand and two hundred and twenty miles, he should learn to run his first six hundred and ten miles in 854:30 and his second six hundred and ten miles in 854:40. If he is going to run one thousand and two hundred and thirty miles, he should learn to run his first six hundred and fifteen miles in 861:30 and his second six hundred and fifteen miles in 861:40. If he is going to run one thousand and two hundred and forty miles, he should learn to run his first six hundred and twenty miles in 868:30 and his second six hundred and twenty miles in 868:40. If he is going to run one thousand and two hundred and fifty miles, he should learn to run his first six hundred and twenty-five miles in 875:30 and his second six hundred and twenty-five miles in 875:40. If he is going to run one thousand and two hundred and sixty miles, he should learn to run his first six hundred and thirty miles in 882:30 and his second six hundred and thirty miles in 882:40. If he is going to run one thousand and two hundred and seventy miles, he should learn to run his first six hundred and thirty-five miles in 889:30 and his second six hundred and thirty-five miles in 889:40. If he is going to run one thousand and two hundred and eighty miles, he should learn to run his first six hundred and forty miles in 896:30 and his second six hundred and forty miles in 896:40. If he is going to run one thousand and two hundred and ninety miles, he should learn to run his first six hundred and forty-five miles in 903:30 and his second six hundred and forty-five miles in 903:40. If he is going to run one thousand and three hundred miles, he should learn to run his first six hundred and fifty miles in 910:30 and his second six hundred and fifty miles in 910:40. If he is going to run one thousand and three hundred and ten miles, he should learn to run his first six hundred and fifty-five miles in 917:30 and his second six hundred and fifty-five miles in 917:40. If he is going to run one thousand and three hundred and twenty miles, he should learn to run his first six hundred and sixty miles in 924:30 and his second six hundred and sixty miles in 924:40. If he is going to run one thousand and three hundred and thirty miles, he should learn to run his first six hundred and sixty-five miles in 931:30 and his second six hundred and sixty-five miles in 931:40. If he is going to run one thousand and three hundred and forty miles, he should learn to run his first six hundred and seventy miles in 938:30 and his second six hundred and seventy miles in 938:40. If he is going to run one thousand and three hundred and fifty miles, he should learn to run his first six hundred and seventy-five miles in 945:30 and his second six hundred and seventy-five miles in 945:40. If he is going to run one thousand and three hundred and sixty miles, he should learn to run his first six hundred and eighty miles in 952:30 and his second six hundred and eighty miles in 952:40. If he is going to run one thousand and three hundred and seventy miles, he should learn to run his first six hundred and eighty-five miles in 959:30 and his second six hundred and eighty-five miles in 959:40. If he is going to run one thousand and three hundred and eighty miles, he should learn to run his first six hundred and ninety miles in 966:30 and his second six hundred and ninety miles in 966:40. If he is going to run one thousand and three hundred and ninety miles, he should learn to run his first six hundred and ninety-five miles in 973:30 and his second six hundred and ninety-five miles in 973:40. If he is going to run one thousand and four hundred miles, he should learn to run his first seven hundred miles in 980:30 and his second seven hundred miles in 980:40. If he is going to run one thousand and four hundred and ten miles, he should learn to run his first seven hundred and five miles in 987:30 and his second seven hundred and five miles in 987:40. If he is going to run one thousand and four hundred and twenty miles, he should learn to run his first seven hundred and ten miles in 994:30 and his second seven hundred and ten miles in 994:40. If he is going to run one thousand and four hundred and thirty miles, he should learn to run his first seven hundred and fifteen miles in 1001:30 and his second seven hundred and fifteen miles in 1001:40. If he is going to run one thousand and four hundred and forty miles, he should learn to run his first seven hundred and twenty miles in 1008:30 and his second seven hundred and twenty miles in 1008:40. If he is going to run one thousand and four hundred and fifty miles, he should learn to run his first seven hundred and twenty-five miles in 1015:30 and his second seven hundred and twenty-five miles in 1015:40. If he is going to run one thousand and four hundred and sixty miles, he should learn to run his first seven hundred and thirty miles in 1022:30 and his second seven hundred and thirty miles in 1022:40. If he is going to run one thousand and four hundred and seventy miles, he should learn to run his first seven hundred and thirty-five miles in 1029:30 and his second seven hundred and thirty-five miles in 1029:40. If he is going to run one thousand and four hundred and eighty miles, he should learn to run his first seven hundred and forty miles in 1036:30 and his second seven hundred and forty miles in 1036:40. If he is going to run one thousand and four hundred and ninety miles, he should learn to run his first seven hundred and forty-five miles in 1043:30 and his second seven hundred and forty-five miles in 1043:40. If he is going to run one thousand and five hundred miles, he should learn to run his first seven hundred and fifty miles in 1050:30 and his second seven hundred and fifty miles in 1050:40. If he is going to run one thousand and five hundred and ten miles, he should learn to run his first seven hundred and fifty-five miles in 1057:30 and his second seven hundred and fifty-five miles in 1057:40. If he is going to run one thousand and five hundred and twenty miles, he should learn to run his first seven hundred and sixty miles in 1064:30 and his second seven hundred and sixty miles in 1064:40. If he is going to run one thousand and five hundred and thirty miles, he should learn to run his first seven hundred and sixty-five miles in 1071:30 and his second seven hundred and sixty-five miles in 1071:40. If he is going to run one thousand and five hundred and forty miles, he should learn to run his first seven hundred and seventy miles in 1078:30 and his second seven hundred and seventy miles in 1078:40. If he is going to run one thousand and five hundred and fifty miles, he should learn to run his first seven hundred and seventy-five miles in 1085:30 and his second seven hundred and seventy-five miles in 1085:40. If he is going to run one thousand and five hundred and sixty miles, he should learn to run his first seven hundred and eighty miles in 1092:30 and his second seven hundred and eighty miles in 1092:40. If he is going to run one thousand and five hundred and seventy miles, he should learn to run his first seven hundred and eighty-five miles in 1099:30 and his second seven hundred and eighty-five miles in 1099:40. If he is going to run one thousand and five hundred and eighty miles, he should learn to run his first seven hundred and ninety miles in 1106:30 and his second seven hundred and ninety miles in 1106:40. If he is going to run one thousand and five hundred and ninety miles, he should learn to run his first seven hundred and ninety-five miles in 1113:30 and his second seven hundred and ninety-five miles in 1113:40. If he is going to run one thousand and six hundred miles, he should learn to run his first eight hundred miles in 1120:30 and his second eight hundred miles in 1120:40. If he is going to run one thousand and six hundred and ten miles, he should learn to run his first eight hundred and five miles in 1127:30 and his second eight hundred and five miles in 1127:40. If he is going to run one thousand and six hundred and twenty miles, he should learn to run his first eight hundred and ten miles in 1134:30 and his second eight hundred and ten miles in 1134:40. If he is going to run one thousand and six hundred and thirty miles, he should learn to run his first eight hundred and fifteen miles in 1141:30 and his second eight hundred and fifteen miles in 1141:40. If he is going to run one thousand and six hundred and forty miles, he should learn to run his first eight hundred and twenty miles in 1148:30 and his second eight hundred and twenty miles in 1148:40. If he is going to run one thousand and six hundred and fifty miles, he should learn to run his first eight hundred and twenty-five miles in 1155:30 and his second eight hundred and twenty-five miles in 1155:40. If he is going to run one thousand and six hundred and sixty miles, he should learn to run his first eight hundred and thirty miles in 1162:30 and his second eight hundred and thirty miles in 1162:40. If he is going to run one thousand and six hundred and seventy miles, he should learn to run his first eight hundred and thirty-five miles in 1169:30 and his second eight hundred and thirty-five miles in 1169:40. If he is going to run one thousand and six hundred and eighty miles, he should learn to run his first eight hundred and forty miles in 1176:30 and his second eight hundred and forty miles in 1176:40. If he is going to run one thousand and six hundred and ninety miles, he should learn to run his first eight hundred and forty-five miles in 1183:30 and his second eight hundred and forty-five miles in 1183:40. If he is going to run one thousand and seven hundred miles, he should learn to run his first eight hundred and fifty miles in 1190:30 and his second eight hundred and fifty miles in 1190:40. If he is going to run one thousand and seven hundred and ten miles, he should learn to run his first eight hundred and fifty-five miles in 1197:30 and his second eight hundred and fifty-five miles in 1197:40. If he is going to run one thousand and seven hundred and twenty miles, he should learn to run his first eight hundred and sixty miles in 1204:30 and his second eight hundred and sixty miles in 1204:40. If he is going to run one thousand and seven hundred and thirty miles, he should learn to run his first eight hundred and sixty-five miles in 1211:30 and his second eight hundred and sixty-five miles in 1211:40. If he is going to run one thousand and seven hundred and forty miles, he should learn to run his first eight hundred and seventy miles in 1218:30 and his second eight hundred and seventy miles in 1218:40. If he is going to run one thousand and seven hundred and fifty miles, he should learn to run his first eight hundred and seventy-five miles in 1225:30 and his second eight hundred and seventy-five miles in 1225:40. If he is going to run one thousand and seven hundred and sixty miles, he should learn to run his first eight hundred and eighty miles in 1232:30 and his second eight hundred and eighty miles in 1232:40. If he is going to run one thousand and seven hundred and seventy miles, he should learn to run his first eight hundred and eighty-five miles in 1239:30 and his second eight hundred and eighty-five miles in 1239:40. If he is going to run one thousand and seven hundred and eighty miles, he should learn to run his first eight hundred and ninety miles in 1246:30 and his second eight hundred and ninety miles in 1246:40. If he is going to run one thousand and seven hundred and ninety miles, he should learn to run his first eight hundred and ninety-five miles in 1253:30 and his second eight hundred and ninety-five miles in 1253:40. If he is going to run one thousand and eight hundred miles, he should learn to run his first nine hundred miles in 1260:30 and his second nine hundred miles in 1260:40. If he is going to run one thousand and eight hundred and ten miles, he should learn to run his first nine hundred and five miles in 1267:30 and his second nine hundred and five miles in 1267:40. If he is going to run one thousand and eight hundred and twenty miles, he should learn to run his first nine hundred and ten miles in 1274:30 and his second nine hundred and ten miles in 1274:40. If he is going to run one thousand and eight hundred and thirty miles, he should learn to run his first nine hundred and fifteen miles in 1281:30 and his second nine hundred and fifteen miles in 1281:40. If he is going to run one thousand and eight hundred and forty miles, he should learn to run his first nine hundred and twenty miles in 1288:30 and his second nine hundred and twenty miles in 1288:40. If he is going to run one thousand and eight hundred and fifty miles, he should learn to run his first nine hundred and twenty-five miles in 1295:30 and his second nine hundred and twenty-five miles in 1295:40. If he is going to run one thousand and eight hundred and sixty miles, he should learn to run his first nine hundred and thirty miles in 1302:30 and his second nine hundred and thirty miles in 1302:40. If he is going to run one thousand and eight hundred and seventy miles, he should learn to run his first nine hundred and thirty-five miles in 1309:30 and his second nine hundred and thirty-five miles in 1309:40. If he is going to run one thousand and eight hundred and eighty miles, he should learn to run his first nine hundred and forty miles in 1316:30 and his second nine hundred and forty miles in 1316:40. If he is going to run one thousand and eight hundred and ninety miles, he should learn to run his first nine hundred and forty-five miles in 1323:30 and his second nine hundred and forty-five miles in 1323:40. If he is going to run one thousand and nine hundred miles, he should learn to run his first nine hundred and fifty miles in 1330:30 and his second nine hundred and fifty miles in 1330:40. If he is going to run one thousand and nine hundred and ten miles, he should learn to run his first nine hundred and fifty-five miles in 1337:30 and his second nine hundred and fifty-five miles in 1337:40. If he is going to run one thousand and nine hundred and twenty miles, he should learn to run his first nine hundred and sixty miles in 1344:30 and his second nine hundred and sixty miles in 1344:40. If he is going to run one thousand and nine hundred and thirty miles, he should learn to run his first nine hundred and sixty-five miles in 1351:30 and his second nine hundred and sixty-five miles in 1351:40. If he is going to run one thousand and nine hundred and forty miles, he should learn to run his first nine hundred and seventy miles in 1358:30 and his second nine hundred and seventy miles in 1358:40. If he is going to run one thousand and nine hundred and fifty miles, he should learn to run his first nine hundred and seventy-five miles in 1365:30 and his second nine hundred and seventy-five miles in 1365:40. If he is going to run one thousand and nine hundred and sixty miles, he should learn to run his first nine hundred and eighty miles in 1372:30 and his second nine hundred and eighty miles in 13

